

Symptoms of Hormone Imbalance

Estrogen Deficiency Symptoms:

- € Hot flashes
- € Night sweats
- € Sleep disturbances
- € Vaginal dryness/atrophy
- € Dry skin
- € Headaches
- € Foggy thinking
- € Memory lapses
- € Heart palpitations
- € Yeast infections
- € Painful intercourse
- € Depression
- € Low libido
- € Bone loss

Estrogen Excess Symptoms:

- € Water retention
- € Heavy, irregular menses
- € Breast swelling and tenderness
- € Fatigue
- € Craving for sweets
- € Weight gain
- € Fibrocystic breasts
- € Mood swings
- € Uterine fibroids
- € Low thyroid symptoms
- € Nervousness / anxiety / irritability

Progesterone Deficiency Symptoms:

Many of the symptoms of Estrogen Excess, plus:

- € Swollen breasts
- € Weight gain
- € Headaches
- € Low libido
- € Anxiety
- € Mood swings
- € Irregular menses
- € Depression
- € Cramping
- € PMS
- € Infertility
- € Fuzzy thinking
- € Acne
- € Joint pain

Progesterone Excess Symptoms:

Many of the symptoms of Estrogen Deficiency, plus:

- € Somnolence
- € Gastrointestinal bloating
- € Breast swelling

Testosterone Deficiency Symptoms:

- € Fatigue, prolonged
- € Mental fuzziness
- € Memory problems
- € Depression
- € Decreased libido
- € Blunted motivation
- € Muscle weakness
- € Diminished feeling of well being
- € Heart palpitations
- € Thinning skin
- € Bone loss
- € Vaginal dryness
- € Incontinence
- € General aches/pains
- € Fibromyalgia

Testosterone Excess Symptoms:

- € Acne
- € Male-pattern hair growth
- € Deepening of voice
- € Clitoral enlargement
- € Irritability/moodiness
- € Insomnia
- € Loss of scalp hair

Symptoms of Low and High Cortisol (Adrenal Fatigue):

- € Fatigue
- € Allergies
- € Cravings for sweets
- € Irritability
- € Chemical sensitivities
- € Bone loss
- € Anxiety
- € Sleep disturbances
- € Depression
- € Low libido
- € Hair loss
- € Elevated triglycerides
- € Symptoms of low thyroid and/or low progesterone

Symptoms of Low Thyroid:

- € Fatigue (especially evening)
- € Low stamina
- € Cold extremities
- € Low body temperature
- € Low libido
- € Headaches
- € Dry skin
- € Intolerance to cold
- € General aches and pains
- € Weight gain
- € Depression
- € Anxiety
- € Scalp hair loss
- € Swollen, puffy eyes
- € Brittle nails
- € Decreased sweating
- € Low pulse rate/blood pressure
- € Poor concentration
- € Memory lapses
- € High cholesterol
- € Heart palpitations
- € Infertility
- € Constipation
- € Fibromyalgia

Symptoms of High Thyroid:

- € Rapid Heart Rate
- € Diarrhea
- € Insomnia
- € Weight Loss
- € Agitation
- € Increased sweating
- € Dry skin
- € Heat Intolerance
- € Thinning Skin
- € Hair Loss